



**Alex JH/HS Invitational
Friday, April 1st, 2022
JH/HS Division**

**Coaches meeting: 9:00 am
Field Events: 9:30 am
Running Events: 10:00 am**

Track coaches: On behalf of the Alex Public School system, we would like to extend an invitation to you to the annual Alex JH/HS Invitational on Friday, April 1st, 2022 starting at 9:30 am. This invitational is for 3A schools and below.

Entry fees: \$75 per Division
\$15 per individual (if less than 4 members on a team)
Make checks payable to Alex Public Schools

Awards: Medals to the top 3 in each event.

4 Divisions: JH Girls, JH Boys, HS Girls, HS Boys

Timed Finals: All events

Track: 8 lane all weather surface. Short spikes only.

Parking: Buses park on east side of football field.

Facilities: Concession provided. Hospitality for coaches. No dressing rooms

Entries: All team entries must be completed online. www.enduro.com

Send checks to: Alex Public Schools
P.O. Box 188
Alex, OK 73002
Email: ibyrne@alex.k12.ok.us cell (405) 974-1742



Schedule of events

9:00 am Coaches meeting

9:30 am **Field events**

High jump

Long jump

Shot put

Discus

Pole vault

3 throws, 3 jumps, no finals

JH Girls 3'6, JH Boys 4'2, HS Girls 4', HS Boys 5'2

HS Girls 13', HS Boys 16', JH Girls 10, JH Boys 13'

JH Boys 25', JH Girls 20', HS Boys 30', HS Girls 25'

HS Boys 90', HS Girls 70', JH Boys 70', JH Girls 50'

JH Boys, JH Girls, HS Boys, HS Girls

10:00 am **Running Events**

Order: JH Girls, JH Boys, HS Girls, HS Boys

400 Meter Relay

3200 Meter Relay

100 Meter Hurdles JH Girls, HS Girls

110 Meter Hurdles JH Boys, HS Boys

3200 Meter Run

800 Meter Relay

800 Meter Run

100 Meter Dash

400 Meter Run

300 Meter Hurdles

200 Meter Dash

1600 Meter Run

1600 Meter Relay

NO TEAM CAMPS ON THE INFIELD

OSSAA RULES APPLY